

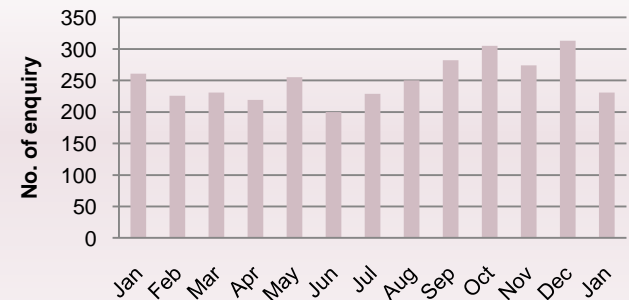
# Perinatal Psychotropic Medicines Information Service (PPMIS) Fact Sheets

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# Introduction

- During pregnancy 1 in 10 women have a new episode of major or minor depression and almost 1 in 5 women have postnatal depression<sup>1</sup>
  - 14.5% have a new episode during the first 3 months postpartum<sup>2</sup>.
- At the Royal Women's Hospital, the Medicines Information Service (MIS)
  - Receives an average 270 calls/month
  - 10% taking psychotropic medicines

**Medicines enquiry by month 2010**



1. The framework for the National Perinatal Depression Initiative 2008-2013 available from website of the Australian Health Ministers' Conference (AHMC) and its Australian Health Ministers' Advisory Council (AHMAC).

2. Gavin et al (2005). Perinatal depression: a systematic review of prevalence and incidence. *Obstet Gynecol*; 106:1071-83.

# Some FACTS

- Women have great concerns about taking medicines during perinatal period, especially medicines used chronically.
  - On average women take three to five medicines during pregnancy
- The decision to take a medicine during perinatal period is not always simple.
- Evidence based guidelines / online databases are not always available or readily accessible for guidance
  - Potentially results in abrupt cessation of intended medicines

# Consumer information



- Product information
  - Conflicting and often “overly cautious”
- Doctors and healthcare professionals advice
  - Not easily accessible information
- Friends and relatives
- Media/newspaper e.g. TV advertisement
- Books and magazines
- Online resources
  - Less reliable and “unfiltered” information
  - Overly simplistic and not reflective of newer studies and medical knowledge.

- In response to the Victorian National Perinatal Depression Initiative, the Department of Health fund the Royal Women's Hospital to provide perinatal psychotropic medicines information.
- Perinatal Psychotropic Medicines Information Service (PPMIS) provide access to:
  - up-to-date information about the benefits and risk of psychotropic medicines for women who are of reproductive age, considering pregnancy, pregnant and while breastfeeding via a website.
  - Extend the Medicines Information Service line to answer health professionals enquiring about psychotropic medicines
  - Linked to the Women's Mental Health team for further advice for GP's for complex cases

- Front page – site introduction and highlights
- Psychotropic medicines profile
  - listed alphabetically by Australian generic name - browse indices or search
- **Fact sheets** (pdf)
- Resources: web links to other relevant sources
- Register for site updates via email notification
- Site search
- Contact us

# PPMIS.org.au



A screenshot of the PPMIS website displayed in a Windows Internet Explorer browser window. The browser's address bar shows "http://www.ppmis.org.au". The website has a pink header with the "PPMIS Perinatal Psychotropic Medicine Information Service" logo and navigation links: Home, About, Fact Sheets, Medicine Profiles, Resources, and Contact Us. The main content area is divided into three columns. The left column contains a section titled "Resources we provide for Healthcare professionals" with a paragraph of text and a "&gt;&gt; more" link. The middle column contains a section titled "The National Perinatal Depression Initiative" with a paragraph of text and a "&gt;&gt; more" link. The right column contains a "Search" box, a section titled "AUSTRALIAN CATEGORISATION OF RISK OF MEDICINE USE IN PREGNANCY", a section titled "IMPORTANT POINTS TO CONSIDER BEFORE PRESCRIBING", and a "Medicine Profiles" list with links to Citakopram, Escitalopram, Fluoxetine, Lithium, Mirtazapine, Olanzapine, Paroxetine, Quetiapine, Sertraline, and Venlafaxine. The browser's taskbar at the bottom shows the Start button and several open applications, including "Inbox - Mail", "PPMIS - prescri...", "PPMIS - Res...", and "Microsoft Po...". The system tray shows the time as 9:28 AM and the date as 10/28/2010.

- PPMIS phone line introduced in October 2010

Figure 1: Type of enquiry by month

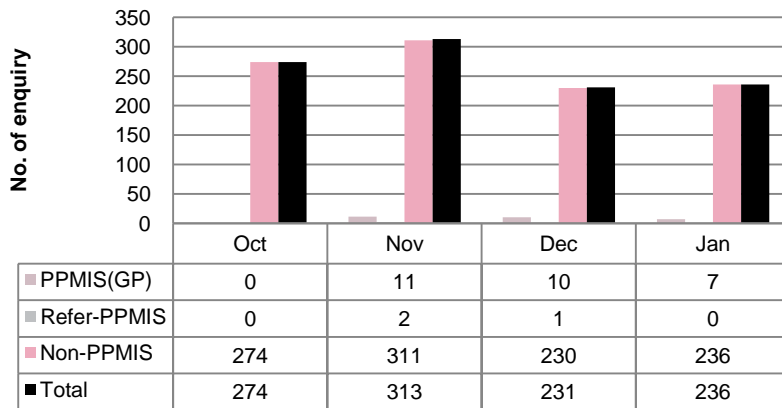
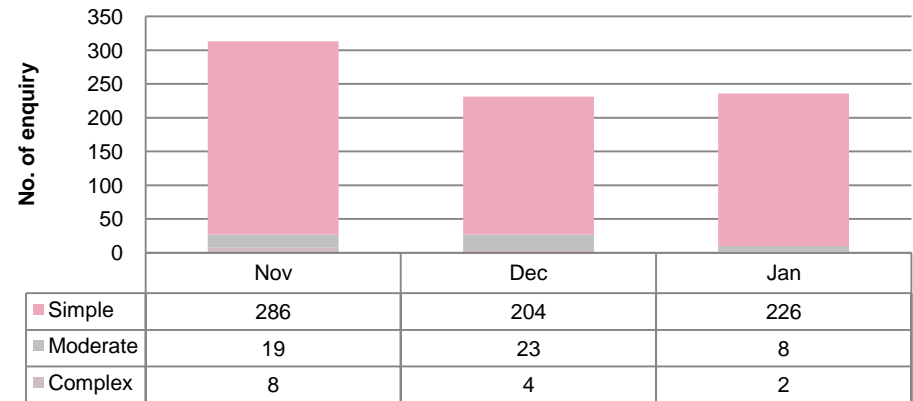


Figure 2: Complexity of enquiry



- Website [www.ppmis.org.au](http://www.ppmis.org.au) launched 1<sup>st</sup> Dec 2010
  - On average receives 20 hits/day
  - Google searched 'psychotropic medicine' – 4<sup>th</sup> on the list

# PPMIS.org.au – Fact sheet

**PPMIS Team –  
write fact sheet  
based FAQ  
received by MIS**



**The Women's  
Mental Health  
Team**

**General  
Pratitioner Pilot –  
content, layout  
and acceptance**

**PPMIS Advisory  
Group – review  
information to  
ensure it reflects  
the current  
practice**

**The Women's  
Consumer Health  
Information –  
consumer  
consultation for  
plain language**

# PPMIS.org.au - Fact sheets



Single page - downloadable pdf

FAQ - e.g. Sertraline

- What is sertraline?
- Do I need to stop taking it before becoming pregnant?
- Can taking sertraline during pregnancy cause birth defects?
- If I take sertraline throughout my pregnancy, will it cause withdrawal symptoms in my baby?
- Will taking sertraline have any long term effects on my baby's behaviour and development?
- Can I breastfeed my baby if I continue taking sertraline?

For any other information

- the readers are directed to read the CMI

# PPMIS.org.au – Fact sheet

## PPMIS Perinatal Psychotropic Medicine Information Service



[Home](#) [About](#) [Fact Sheets](#) [Medicine Profiles](#) [Resources](#) [Contact Us](#)

### Fact Sheets

#### About PPMIS Fact sheets

PPMIS has compiled Fact Sheets on psychotropic medicines used in pregnancy and breastfeeding. All psychotropic medicines are listed by generic name. Fact Sheets answer frequently asked questions about exposures during pregnancy and breastfeeding, and have been designed to print on a single-sided page.

References can be downloaded as a separate file. Fact Sheets should not replace the official product information. We strongly advise readers to consult with a healthcare provider before decisions are made about stopping or (re)starting a psychotropic medicine during pregnancy or breastfeeding.

The Fact Sheets below relate to a class of medicines called selective serotonin reuptake inhibitors (SSRI)

Medicine Name and Indications	Fact Sheet	Reference Sheet
<b>Citalopram</b> is used to treat major depression and anxiety disorders (e.g. obsessive-compulsive disorder, panic disorder, generalised anxiety disorder, post-traumatic stress disorder and social phobia).	(pdf 85kb)	(pdf 64kb)
<b>Escitalopram</b> is used to treat major depression and anxiety disorders (e.g. obsessive-compulsive disorder and social phobia). Escitalopram is structurally very similar to citalopram.	(pdf 85kb)	(pdf 71kb)
<b>Fluoxetine</b> is used to treat major depression and anxiety disorders (e.g. obsessive-compulsive disorder, panic disorder and post-traumatic stress disorder).	(pdf 74kb)	(pdf 64kb)
<b>Paroxetine</b> is used to treat major depression and anxiety disorders (e.g. obsessive-compulsive disorder, panic disorder, generalised anxiety disorder and post-traumatic stress disorder).	(pdf 75kb)	(pdf 64kb)
<b>Sertraline</b> is used to treat major depression and anxiety disorders (e.g. obsessive-compulsive disorder, panic disorder and post-traumatic stress disorder).	(pdf 74kb)	(pdf 60kb)

### Search

AUSTRALIAN CATEGORISATION  
OF RISK OF MEDICINE USE IN  
PREGNANCY

IMPORTANT POINTS TO  
CONSIDER BEFORE  
PRESCRIBING

### Medicine Profiles

- Citalopram
- Escitalopram
- Fluoxetine
- Lithium
- Mirtazapine
- Clonidine
- Paroxetine
- Quetiapine
- Sertraline
- Venlafaxine

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# What's next?



- More fact sheets & medicine profile will be uploaded to the PPMIS website
- Regular meetings with advisory committee
- Promote the PPMIS websites and fact sheets.
- Invite comments from health care professionals, consumers and others.

# Contact Us

- Available on weekdays (Monday to Friday) from 9am to 5pm
- Dedicated PPMIS line available ONLY to health professionals
- Contact number: 03-83453190
- Email: [drug.information@thewomens.org.au](mailto:drug.information@thewomens.org.au)



the women's  
the royal women's hospital  
victoria australia

**THANK YOU.**